

# Time Schedule for Weight and Insulin Study

Human Performance Lab – (301) 295-1371

## Before your first visit

- A phone screen will take place to ensure you fulfill all necessary requirements.
- Call the lab to reschedule if necessary (301) 295-1371.
- The night before your scheduled visit:
  - No food after midnight
  - No beverage other than water after midnight (no caffeine /alcohol)
  - No meds 24 hours before (Sudafed, Tylenol, etc.)
  - Do not do any strenuous exercise the day before the test
  - **Make sure you have directions to the lab (included in the packet)**

## Morning of visit

- Wear exercise clothing
  - The lab can be cold so you may want to bring a sweatshirt
- Bring reading material –there are slow periods throughout the morning
- **Drink water!**
- **Please arrive on time.** The hormones to be measured are time sensitive.

## Visit 1 - Duration: 4-5 hours

- The study protocol will be thoroughly explained and you will be given an Informed Consent form to read and sign.
- A physician will obtain a medical history and determine your eligibility to participate by conducting a thorough physical exam to include:
  - EKG
  - Blood Pressure
  - Blood glucose
  - Hemoglobin and Hematocrit
- Ingest a Liquid Meal
- Complete several psychological questionnaires
- Undergo a Maximal aerobic exercise test.

## Visit 2, 3 & 4 - Duration: 3-4 hours

- Complete Questionnaires
- Determine Body Composition
- High-Intensity Treadmill Test
- Blood collection including:
  - Blood Glucose
  - Hemoglobin and Hematocrit
  - Hormone levels
- Ingest Liquid Meal

-Visits 2-4 will be conducted under 3 different treatment conditions. You will be instructed to take medications prior to each submaximal test.

-Each visit must be separated by a minimum of 72 hours.

-If you do not have regular menstrual cycles, a pregnancy test will be administered prior to testing. (Pregnant women are not permitted to take part in the study.)